

Swim
and
Survive

Aqua Quiz



***Be active
in the water***

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

www.royallifesaving.com.au

Swim & Survive Aqua Quiz

Swim and Survive is a national swimming and water safety program that has been educating young people for over twenty years.

It aims to reduce the number of Australians drowning by ensuring that people have a sound knowledge of how to be safe when in and around water, as well as skills in swimming, personal aquatic survival and basic rescue.

Royal Life Saving has developed this Aqua Quiz for use by children participating in the Swim and Survive program at their school or local pool. The activities have been designed to reinforce the key water safety messages that the Swim and Survive program promotes.

In addition to this Aqua Quiz, the website www.royallifesaving.com.au is packed with activities for children to do whilst learning about water safety. As well as fun games, quizzes, competitions and information for projects, it also contains teaching and learning materials designed especially for teachers.

Aqua Quiz answers can be found at www.royallifesaving.com.au

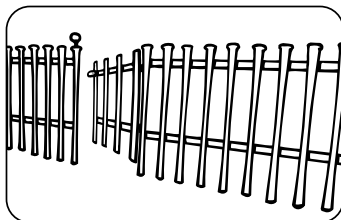
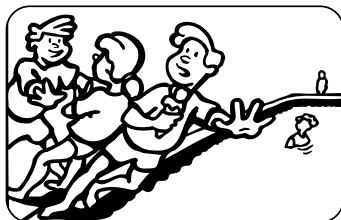
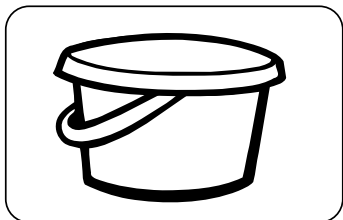
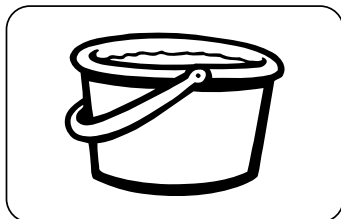
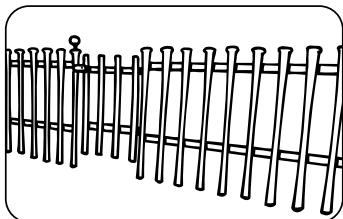
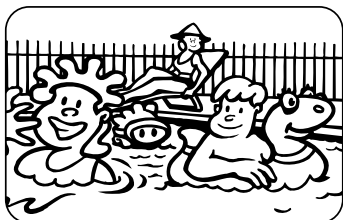


Activity 1

Backyard Water Dangers

When are things safe?

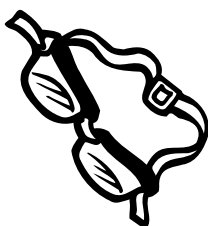
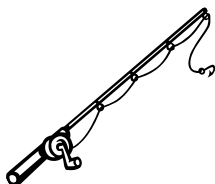
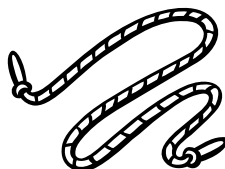
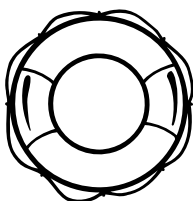
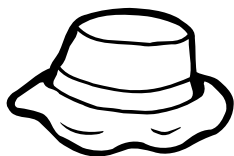
Draw a line to join the same picture when it isn't safe.



Activity 2

Rescue Aids

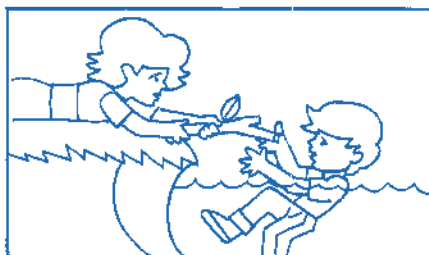
Circle the things that you could use to rescue someone.



Activity 3

Aquacode

Colour in the pictures and fill in the Aquacode rules.



G _ _ T _ _ _ _ _

F _ _ _ _ and W _ _ _ _

R _ _ _ _ to R _ _ _ _ _

Activity 4

What's the Safety Tip?

Fill in the missing words to find out all the safety tips. Use the pictures underneath to help you find the missing words.

If you get into trouble in the water, signal for _ _ _ _ .

Adults should _ _ _ _ _ children in the water.

Always wear a _ _ _ when you go boating.

_ _ _ _ _ objects can be hidden under the water surface.

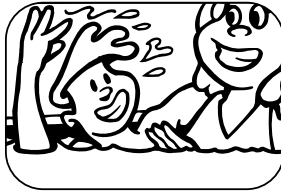
A pool must have a _ _ _ _ _ around it to restrict access.

Learn to _ _ _ _ , it's fun!

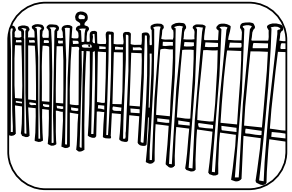
pfd



swim



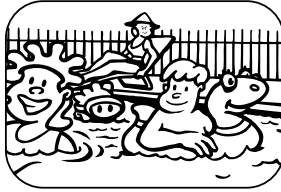
fence



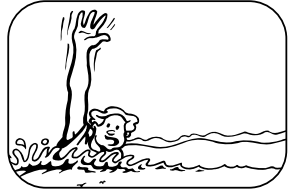
sharp



supervise



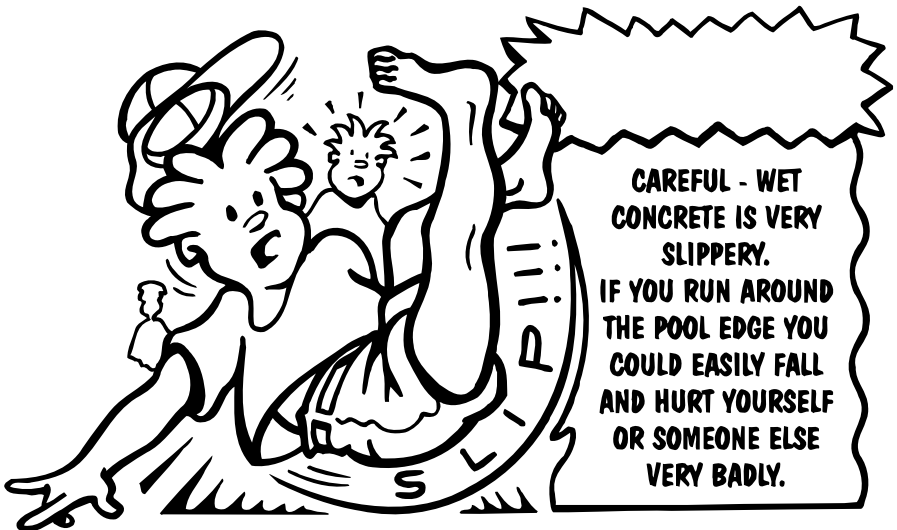
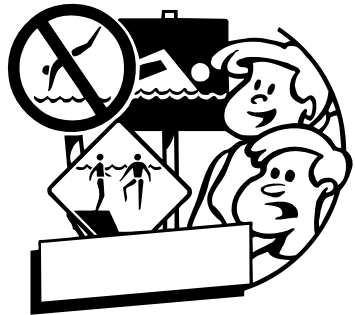
help



Activity 5

Water Safety Tips

Write in a water safety tip for each picture in the space provided and colour the pictures in.



Crack the Code

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26



Activity 7

Water Safety Signs

What do these signs mean? Draw a line to match the sign with the correct sentence and fill in the blanks with the words below.

Diving, prohibited, between, shallow, jackets, currents.



Pushing _ _ _ _ _



_ _ _ _ _ water



Strong _ _ _ _ _



No _ _ _ _ _



Life _ _ _ _ _

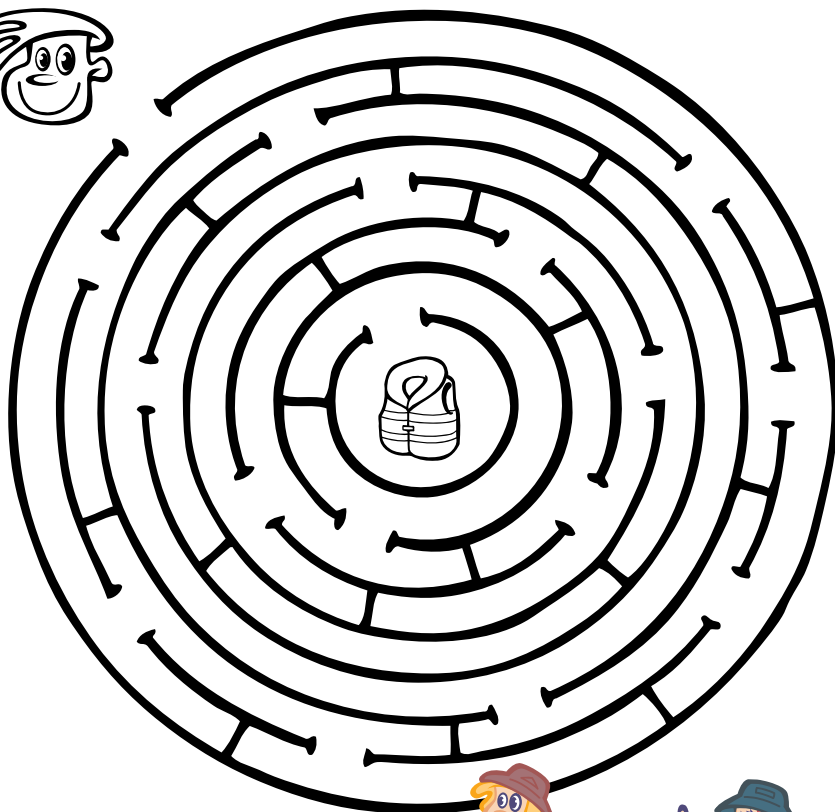


Swim _ _ _ _ _ the flags.

Activity 8

Fun Maze

Help Josh find his PFD in the maze, so he can join Jack and Jen in the boat.



Activity 9

Scrambled Words

Unscramble each of the clue words. Take the letters that appear in circles and unscramble them for the final message.

TUHS HET OLPO TAGE

□ □ ○ □ □ □ □ □ □ □ ○ □ ○ □ □

RDAE TSFAYE GSSNI

○ □ □ ○ ○ □ □ □ □ □ □ ○ □ □ □

EERNV ISMW NOLEA

○ □ ○ □ □ □ ○ □ □ □ □ ○ □ □

WMSI WETBENE ETH LSAFG

□ □ ○ □ □ □ ○ □ □ □ ○

□ □ □ □ □ ○ □ ○

Final message.

□ E □ R □ □ □ □ □ □ M

□ □ □ □ □ □ V □ □ E

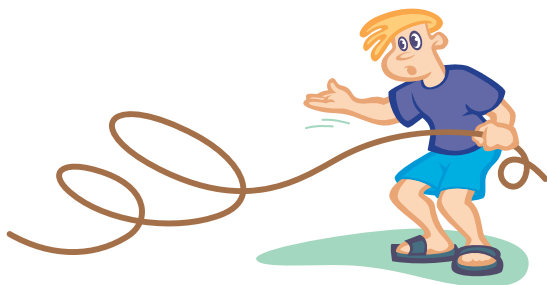
Activity 10

Find a word

Help Josh find the Water Safety Words in this puzzle.

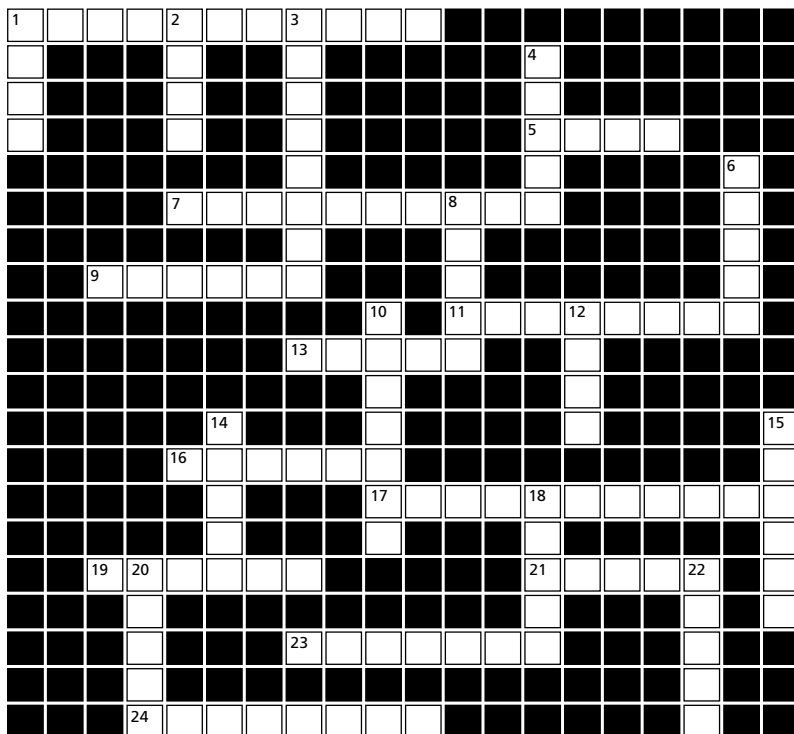
Bath	W	E	A	R	A	S	C	P	F	F	F	D	W	H	S
Current	E	N	Y	O	T	U	U	I	R	E	S	C	U	E	K
Dam	A	R	E	I	R	I	S	N	N	R	T	A	B	O	C
Fence	A	T	C	R	S	H	L	C	E	E	A	R	Q	U	O
Fishpond	T	K	E	V	P	H	E	Y	H	T	O	I	E	Y	R
Flag	S	N	W	O	A	C	T	I	M	A	L	P	D	B	F
Float	T	N	N	F	N	A	U	W	Z	W	F	V	E	G	T
Lake	G	D	F	L	I	E	D	S	V	Z	S	A	X	B	B
Pool	V	S	A	E	Q	R	P	X	Z	V	E	H	P	F	Q
Reach	L	A	K	E	Q	A	O	K	R	W	V	Q	Y	G	Y
Rescue	R	I	V	E	R	H	O	V	N	O	A	H	T	A	B
Rip	R	J	Z	H	S	N	L	F	J	G	W	W	J	A	A
River	W	R	H	X	I	A	H	Z	A	A	M	A	D	J	G
Rocks	L	X	D	V	B	H	T	B	P	L	I	A	H	R	R
Sticks	I	S	V	L	N	R	P	N	M	F	S	E	V	O	O
Water															
Waves															

Starting from the top, what do the remaining letters tell us about boating safety?



Activity 11

Water Safety Crossword Puzzle



ACROSS CLUES

1. Children should always be under _____ when in and around water. (11)
5. This aquatic environment often has a flat and still appearance. (4)
7. You should always listen and obey these people when at the swimming pool. (10)
9. This is the best way to get into cold water. (6)
11. These occur in rivers and can be very fast and strong. (8)
13. This is a popular aquatic location during the summer. (5)
16. To help somebody in trouble in the water is to do this. (6)
17. This aquatic activity can be extremely dangerous if you do not wear safety equipment. (11)
19. Always swim with one of these. (6)
21. A safety rule is you should never swim _____. (5)
23. Many swimming centres offer these so people can learn to swim. (7)
24. When you are spending time in the sun, always put this on. (8)

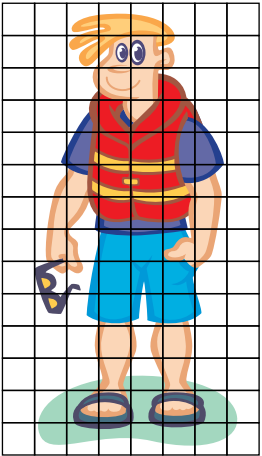
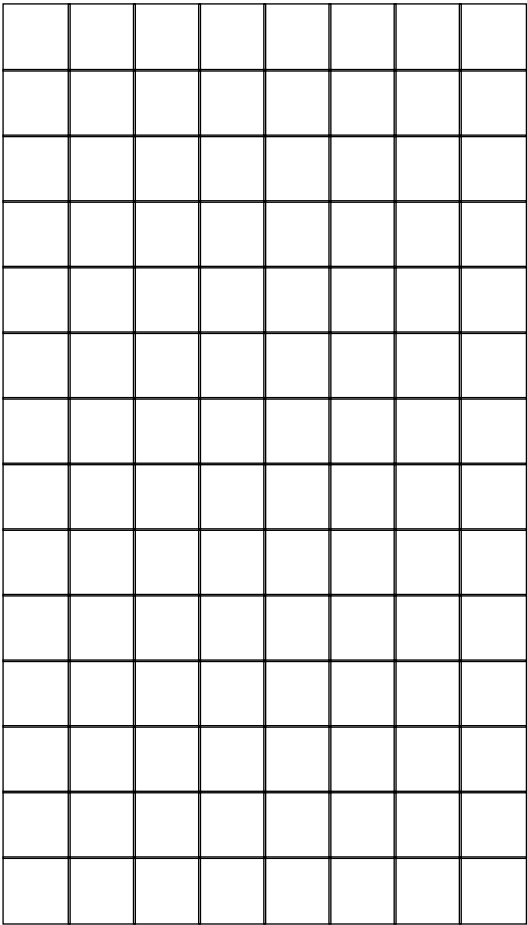
DOWN CLUES

1. Always do this to the pool gate. (4)
2. A good thing to use to rescue someone in trouble. (8)
3. The surface around the pool edge can be this. (8)
4. These are made to keep people safe. (5)
6. Be careful of these when swimming at the beach. (5)
8. The best way to rescue someone in trouble if they are close to you. (5)
10. Always check for these before you enter the water. (7)
12. Dangerous fast flowing currents. (4)
14. Your pool at home should always have one of these around it. (5)
15. When in trouble in the water you should _____ for help. (6)
18. You should swim between these when you're at the beach. (5)
20. These may be hidden under the surface of the water. (5)
22. Buckets and wading pools should always be left like this. (5)

Activity 12

Redraw the Image

Use the grid to redraw
Jack and colour him in.



Finish

Congratulations

Fill in your details below and hand your completed Aqua Quiz to your Teacher or Swim Coordinator.



Be active in the water



Aqua Quiz Completion Certificate

Name: _____

Age: _____

Swim and Survive Level: _____





Log onto
www.royallifesaving.com.au
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- **Water safety tips**
- **Fun activities**
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*win great prizes!***

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